

Parenting Pulse

A woman wearing a white mesh hat and a white shirt is holding a baby. She is looking up at the baby with a joyful expression, her mouth open as if laughing or talking. The baby is wearing a white shirt and a blue and white checkered diaper cover. The background is a solid light blue.

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How to Develop a Positive Attitude in Your Child

Caring for Your Newborn Baby

Tips on Helping Your Overweight Teen

What Parents should know about Medicine Safety

ParentingPulse.com



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"Having a baby is a life-changer. It gives you a whole other perspective on why you wake up every day".

Taylor Hanson

"It is easier to build strong children than to repair broken men".

Frederick Douglass

"When you hold your baby in your arms the first time, and you think of all the things you can say and do to influence him, it's a tremendous responsibility. What you do with him can influence not only him, but everyone he meets and not for a day or a month or a year but for time and eternity".

Rose Kennedy

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What Parents should know about Medicine Safety

As parents, we never want to see our children sick. It's often painful for us to see our children in discomfort and it's also difficult to comfort them when we don't understand why they're sick.

Sickness leads to bad moods and cranky kids, which in turn leave parents frustrated and often the whole family gets stressed out when sickness invades the home.



Our first response is usually to find a medicine that will cure the illness. But along with curing whatever ails your child, there are certain dangers associated with medicines, both prescription and over the counter (OTC).

This article will help you decide if medicine is a necessary treatment method, how to ensure your child gets the correct dosage, tips for when to seek medical attention and common medicine safety tips.



Cold Symptoms: Does Your Child Need Medicine?

What do you do when your child comes home from school sniffing? Or has a nagging cough? Or has a slight fever? Do you run right to the store to get some cough and cold medicine?

Many OTC medicines treat the symptoms only, rather than the illness itself, so you should determine just how uncomfortable your child is before doling out the medicine. Medicines are most effective against severe symptoms rather than minor symptoms. A slight case of the sniffles doesn't require medicine but severe congestion can benefit from a decongestant.

Use simple common sense or call your pediatrician to determine the severity of your child's symptoms.

Also take your child's age into consideration when determining if he/she needs medicine.



Treating Fever and Pain

Children present with fevers when their bodies are starting to fight off some sort of infection or illness. Fever is the body's natural way of trying to heal itself or ridding itself of the invading germs. But many parents panic and run to get aspirin or some other fever reducer.

Just as with the cold symptoms, there are various degrees of severity with fevers. A mild fever (up to 100.4 degrees F) can be caused by simple exercise, taking a hot bath, or wearing too many clothing layers. This is considered normal and no need to worry or break out the medicine.

Infant OTC medicines have been deemed unreliable for treating symptoms. Children under the age of 2 risk the possibility of severe, life-threatening side effects from some OTC medicines and the FDA is currently reviewing the guidelines for toddlers.



NOTE: Infants always require medical treatment if they have a fever over 100 degrees F.

Considering that these medicines are all man-made and full of chemicals, do we really want our children ingesting medicines that might cause them harm, especially if they don't really need it?

If there's any question about the effectiveness, why risk the possible side-effects?

Temperatures higher than 100.4 degrees F. are considered feverish and you will sometimes see changes in your child's demeanor.

He/she may be sluggish, more tired, and less hungry. It's important to watch for these symptoms so you can discuss with your doctor if the fever is a symptom of a more serious illness.



Doctors generally accept treating fevers once the child shows signs of discomfort with acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) products.

Since ibuprofen also treats inflammation as well as pain and fever, it is stronger than acetaminophen. Accidental overdoses are common with both products so much care is necessary when giving your child either medicine.

Tips for Safely Giving Your Child Medicine

Here are some basic safety tips for giving your child medicine safely:

1. Read the label carefully each time – it doesn't matter if you just opened the bottle or are using up the last dose; read the directions carefully.

2. Read what active ingredient(s) are in the medicine and let your doctor know of any allergic reactions to medication.

3. Choose the right strength to avoid accidental overdoses – an adult strength formula can be deadly for an infant or small child.

4. Use the dosing tool that comes with the medicine – a different cup or kitchen spoon might hold too much medicine.

5. Let one parent be the medicine giver – if neither parent knows the other one has already given the child his dose, this can lead to double dosing and accidental overdose.



6. Ask your doctor or pharmacist if this medicine will mix well with vitamins or other medications your child may be taking.

7. Know your child's weight – this is the most reliable way to gauge the correct dosage for your child.

8. Know the difference between a tablespoon (Tbs) and a teaspoon (tsp) – a tablespoon holds three times as much medicine as a teaspoon which can lead to an accidental overdose.

9. Be sure the child-resistant caps are locked when closing the medicine bottles – kids love the fruity candy flavors of some medicines and you don't want them trying to sneak more when you're out of sight.



10. Keep all medications in a safe place out of reach of children – whether the safety cap fails to lock or you have an inventive child who can figure out how to break the cap open, you don't want them able to get extra doses of medicine.

11. If you have family members, neighbors, or visiting guests who keep medications in their purses or suitcases, keep the purses or suitcases out of reach of children – children will be curious about the "candy" Grandma carries in her purse.

12. Look at the expiration dates on both prescription and OTC medications. There's some controversy about whether it's safe to take expired medicines.

Do you want to risk your child not getting the potency necessary to make her feel better? Or possibly risk it being dangerous to ingest after the expiration date?

13. Never give your child someone else's prescription.

14. Always check the active ingredients in both prescription and OTC medications – doubling up on an active ingredient could lead to an accidental overdose.



15. Discard expired medicines carefully so little ones can't ingest them accidentally – crush up pills and seal them in a plastic bag before discarding and never flush medicine down the toilet because it might contaminate your water supply.



How to Raise a Confident Child

Even though nobody gets a parenting manual or bible in the delivery room, it is our duty as parents to try to make our kids as well rounded, happy and confident as possible. It is a lot easier to bring up great kids than it is to try and fix problems caused by bad parenting, when our kids have become adults.

Our children are all individuals, they are not our property but people in their own right. Too many people have children for the wrong reasons, they want someone to love them or they want to live on through their kids. Children deserve respect and must be allowed to become their own person. They are not mini versions of their parents, well at least they shouldn't be.

From the day they are born, kids should be allowed to find their own way in this world and at their own pace. It does not suggest that you abandon them to their own devices.



Your role as a parent is similar to that of a coach. You should be there to cheer them on as they move towards different goals, but never try and push them to do something they are not yet ready for.

Watch your verbal and non verbal communications with your baby. Listen to them when they communicate with you. How can a baby trust his parents if they ignore him when he needs them most?

In the early years especially, a child views his parents as his whole universe. He wants to keep mummy and daddy happy. He basks in your love and attention.

They expects to get your approval when they tries new things. Depending on his learning style, some things will come easy to him whilst others will take a little longer to master. By all means encourage them to explore their boundaries but do it in a relaxed way.

By all means encourage them to explore their boundaries but do it in a relaxed way.



If mum is pushing him to do something that he is not yet ready for, he will sense her disappointment in him and that will knock his confidence thus starting a cycle which may delay mum getting her way. Just because you don't voice your frustration out loud doesn't mean that your child hasn't picked up on the non verbal signal. Infants are wired to pick up on the non verbal signals possibly more than the verbal ones.

Those parents who constantly push their children, set them up for a life of disappointment as they constantly battle to overcome silly tests set by other people.

The kid phase passes so quickly – you should try and enjoy as much of it as possible as once a child has grown you cannot recapture this magical time.



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Tips on Helping Your Overweight Teen

Losing weight as a teen is far different from losing weight as an adult. Weight loss in a teen depends on their age, the metabolic rate, their eating habits, as well as the type of lifestyle they lead.



For many teens, losing weight is easier than as an adult, as the body burns calories much easier, as well as quicker.

Often, teens lead a much more active lifestyle; they enjoy doing exercise, walking, jogging or participating in some form of sport. These types of exercises will only help to boost a teen's metabolism, and also increase the amount of calories that they burn.

Teens could start with one of the many fad diets that are around, but they should only use these for about a week (anything longer will cause damage to their bodies).



After a week of using a fad diet, they should then continue on a much more healthy diet regime, and one which allows them to lose weight more slowly (which is the best way to lose weight healthily).

When on a diet, a teen should also lead a more active kind of life; they can do this by exercising whenever possible, or participate in some sporting activity.



Exercising is especially important for teenagers, as they are still growing, and they need more food while they are still growing. So they need to exercise in order to help remove some of the extra calories they are gaining from the extra food they are eating. So, get out and exercise. If they sit around at home watching TV or playing on the computer, they will soon find that their weight has increased.



As a teenager, they have much more energy, so why not put it for a good use by taking up exercise or some sports activity. It is best that a teen that plays a sport or does some physical activity, should choose one that they enjoy and will have fun while doing it. The best benefit is that they are not only exercising their bodies, but they will also be burning off the excess fat and calories, and so improving their health.

They require compassionate parents who can maintain fit home environments and who provide excellent role models.

- When parents do well at losing weight, their kids are more prone to succeeding, as well.
- If you are inclined toward dramatic weight fluctuations and widely varying diets, your daughter will attempt to follow your lead.



- As you no doubt agree, a growing young person will not benefit emotionally, physically, or nutritionally from this type of weight management.

It is imperative, therefore, for those teens to lead both an active life, and have a healthy diet, in order to achieve maximum performance and productivity. Many teens who lead such lives, find that they are able to do everything they want, and do not suffer from fatigue or weakness when doing things.



Caring for Your Newborn Baby

The arrival of a newborn baby is full of fun and excitement. However many first-time parents, most experience a full range of mixed emotions about the whole thing. This is probably the reason why most people turn to experienced parents for some much-needed advice. Those who are not that lucky to have a support system of family and friends normally turn to books and magazines to learn how to care from their child.



Often new parents find themselves feeling overwhelmed when the baby starts to cry. In reality, you don't really need to worry too much when this happens. Keep in mind that an infant basically throws a crying fit every time he or she is hungry, has a wet diaper or is, uncomfortable. When this happens you just have to remember to stay calm and attend to the babies needs in order to settle them.

Having a checklist in handy may also help you a lot and eliminate the risks of experiencing a panic attack. Try to check through your list each time your baby cries to ascertain the cause of you're his/their distress.

Once the main problem has been identified and dealt with, you'll soon observe your little one go back to his/their peaceable state. It's also an excellent idea to take advantage of this opportunity to lull your infant to sleep. This way, you can make use of the free time to do a few things for yourself.



Routines

As much as you want to hold your baby all the time, you simply can't-and shouldn't. Remember that you also need to take care of yourself, as well as perform certain house chores.



That's why parents who expose their little ones to the sound of a vacuum cleaner or other noise-producing household appliances earlier on have no problem performing house chores while the baby is asleep. Their infants have certainly adapted well to the noise.



Just imagine how you'll be able to attend to other important matters if you always carry your baby around the house. Time-management is indeed a valuable skill that parents ought to acquire and develop.

Your little one is likely to become accustomed to a particular routine if you keep adhering to it. So start establishing a schedule for sleep and daytime naps. This way, you can squeeze in a chore or two while your little angel slumbers.

See to it that the place where you lay your baby down is safe, comfortable and well ventilated. Appropriate clothing and covers are also important as such factors can affect your infant's quality of sleep.

The truth of the matter is that babies can actually fall asleep almost anywhere. They can even doze off in the noisiest of places with no trouble. Of course, this requires a bit of getting used to.

Various sounds have also been proven to assist parents in settling their little ones down. Apart from recreating the "shushing" sound-which is reminiscent of their time in the womb, playing some relaxing music is also an excellent way to lull a baby to sleep. Make an effort to turn this practice into a habit so that your baby will soon associate a particular melody with sleep time.



The most basic concerns that mothers should be focusing on especially on their baby's first couple of weeks are feeding and sleeping.

Feeding



Having adequate nourishment is essential to your baby's proper development that is why he or she needs to be fed with the right amount of milk at the right time.

You can give your baby ready to feed formula. It is safe and healthy. However, you must not mix this with water because your baby might not get sufficient calories. On the other hand, concentrated formula should be mixed with water in a 1 is to 1 ratio.

Usually after a couple of weeks, your baby will be able to consume more or less a quart of formula each day. You should also check if your baby manifests symptoms such as frequent vomiting, diarrhea, constipation or rashes as this may mean that the formula is not fit for him or their and may need to be changed. This is also the reason why it is still highly suggested that you breastfeed your baby if possible as this is better than any milk or formula in the market.

The proper feeding time of a baby typically has a 2 to 3 hour interval. A common sign that you should look out for is crying that can't be hushed through lullabies.

You can also check if your baby is having adequate nourishment or not. A properly nourished baby will usually have a wet diaper during the 2 to 3 hour interval and the color of the urine should be clear. Stool is soft and yellow in color. Breast-fed babies will typically pass stools 6 times in a day while bottle-fed ones may pass stools every three days.



Sleeping

Babies sleep normally for a length of 10 to 23 hours day. Any less of the minimum can be detrimental to your baby's development. Here are some tips on how you can help your baby achieve the normal length of sleep he or she needs:

- Make sure that your baby has completed his/her rituals before you put him/her to sleep. This includes feeding, burping, and diaper change.



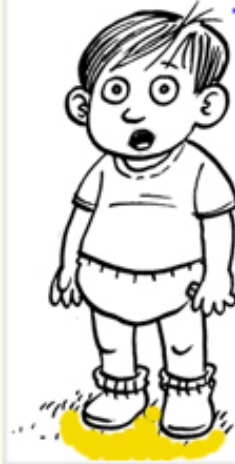
- Wrap your baby securely to prevent them from doing excessive movements that can disturb his or their sleep. This will also provide your baby warmth.

- Place your baby in horizontal position.

Most children wake briefly many times during the night this is perfectly normal. If they wake in the same crib, in the same room, with the same lighting, and the same sounds, as when they fall asleep, they will slip back into sleep much more easily. The most important thing is that you've to developed a sleep routine for your child it is very important to keep the routine consistent and to follow it night after night. The best chance of quickly and easily getting your baby asleep is then to develop and stick to a simple bedtime routine.

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Healthy Eating for Kids



Strawberry Smoothie



Strawberry cakes



Ingredients

8 strawberries, hulled
1/2 cup skim milk
1/2 cup plain yogurt
3 tablespoons white sugar
2 teaspoons vanilla extract
6 cubes ice, crushed Add all ingredients to list.

Directions

In a blender combine strawberries, milk, yogurt, sugar and vanilla. Toss in the ice. Blend until smooth and creamy. Pour into glasses and serve.

Ingredients

Shortcakes:

1 3/4 cups all-purpose flour
1/4 cup sugar
2 teaspoons baking powder
1/4 teaspoon fine sea salt
4 ounces unsalted butter, cold
1/2 cup heavy cream
1 large egg

Strawberry Sauce:

1 1/2 cups fresh organic strawberries, rinsed, stemmed and quartered
1/2 cup sugar
1/4 cup water
1 fresh lemon, juiced

Whipped Cream:

2 cups heavy cream
2 tablespoons sugar
1/4 teaspoon vanilla extract

Strawberries:

3 pints of fresh organic strawberries

Preparation

To Make The Shortcakes:

Sift the flour, sugar baking powder and salt. Chop the butter into small pieces. In a bowl of a standing mixer, add the flour mixture and butter. Chill in the freezer for 10 minutes. Using the paddle attachment, mix on low speed until butter is the size of a peas.

In a separate bowl, whisk together the heavy cream and egg. Add the cream-egg mixture to the flour mixture and mix on low speed until dough forms.

Place the dough on a floured working surface. Roll into a rectangle about 1/2-inch thick. Lightly dust the dough with flour as needed to prevent the dough from sticking. Fold the dough in thirds like a letter , and then rotate the dough so the rectangle is in front of you.

Repeat the rolling process and folding of the dough. Roll out the dough one more time about 1/2-inch thick. Using a 3-inch round cookie cutter, punch the shortcakes.



Place the cakes on a parchment-lined baking sheet. Gather the scrapes, roll into a ball, and roll out to punch more shortcakes. Chill the cakes in the freezer until firm, about 15 minutes.

Preheat the oven to 350 degrees. In a small bowl, beat together the egg and 2 teaspoons water. Using a pastry brush, coat the tops of the shortcakes and sprinkle with sugar. Bake until golden brown, about 20-25 minutes.

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How to Develop a Positive Attitude in Your Child

The most important thing that parents can suggest about positive attitude is that, it is a trait that can easily be developed over time.



Children should be made aware of the fact that no one is born with a good or bad attitude and it comes down to the way they face life. It reflects one's personality and it can be something good or bad. The way the children deal with someone shows their attitude. If they are gloomy and always in a bad mood, people will view them as a moody person and this reputation will follow them around.



The children should know that Champions have a positive attitude. They walk around with a positive mindset and a 'I can do' attitude.

When an obstacle presents itself, they automatically start thinking of ways to work around it. They don't allow anything or anyone to defeat them.



The first step that the children should take to improve their attitude is to have a positive mindset, which is shown in the way they talk, the way they walk, and the way they act. The most appropriate way that can be suggested to your children to create a positive attitude is to make them think about pleasant and constructive things as often as possible. It creates a favorable and lasting impression in their mind.

The main thing parents need to do, is to remind them to be grateful for what they have. Far too often, people in today's society focus on what they don't have, or the things they want to have. Taking a second to appreciate everything you DO have, is the key to foster a positive attitude.



Children should be reminded that they can change their life by thinking more positively and by changing their outlook on life. They should always keep in mind that their attitude determines their altitude in life. So, help them to keep their face towards the sunshine and let the shadows fall behind them.

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